

Norfolk Fitness & Wellness Center

Presents

"Wellness Wednesdays"



When:

Every Wednesday

Where:

NFWC Conference Room

Time:

11:00 a.m. Or 6:00p.m.

Program Description:

A variety of Wellness topics are presented every week.

Topics include stroke prevention, menopause, sleep disorders, bodies in motion series, healthy living series, healthy spines and bones, vitamin supplementation, and much more are presented to the entire

City of Norfolk

"Free of charge"!!